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262 morning; and a combination of any two menus given above may be adopted for the two principal meals.

POOR FAMILIES

First Meal

Millet gruel.
Chilly powder and salt.

or

Rice left-over from previous evening.
Chilly powder and salt or pickles.

Second Meal

Rice.
Boiled vegetables or lentils (with salt and chillies) or meat curry.

or

Millet bread.
Boiled vegetables or lentils (with salt and chillies) or meat curry.

or

Rice.
Chilly powder and salt.
Pickles.

Third Meal

Rice.
Meat or vegetable or lentil or fish curry.

262 In the making of curries the rich people use considerable
263 quantities of oil or other fats, and their choice of spices too is more varied. In the average households the curries are not so rich. Finally in the poorer sections they are more or less boiled vegetables and lentils with the addition of salt and chilly powder. It may be added that sweets do not form a regular part of the diet of the people in the community. They are prepared on ceremonial occasions, and may be prepared now and then in the comparatively richer homes. As fish and meat are very expensive, the average and poor families have to depend for most of the time on watery lentil curries or cheap vegetables.

925 The ethnographic record of the diet appeared to be so appalling
146 that we organized a comprehensive nutritional survey of the community in conjunction with our research project. This work was planned and carried out under the supervision of a nutritional expert from the Medical Faculty of the Osmania University. A

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random sample of families covering all levels of living in the community was selected, and, following the universal weighing-method, every item of the diet was weighed correctly to an ounce in these families. The International Scale of Family Coefficients was used to calculate the number of consumption units in each family, and data was carefully analysed for working out the mean intake of diet per consumption unit and the intake of calories, proximate principles, minerals and vitamins. Simultaneously, a medical examination of all members of the families selected for the survey was also undertaken; in the course of which along with height and weight measurements a general clinical examination with special reference to abnormalities of hair, eyes, skin, lips, gums, tongue, and the peripheral nervous system was done. While a detailed summary of the above survey would be inappropriate in a sociological study, some of its main conclusions will not be out of place here:

(i) The picture of nutrition emerging from the survey gives room to believe that there is mild sub-nutrition in the 'rich' and 'well-to-do' families and mild malnutrition in the 'average' and 'poor' families.

(ii) There is a sub-clinical deficiency of thiamine, riboflavin and Vitamin A. Phrynoderma of the skin, cheilosis, multiple fissuring of the tongue, gingivitis, and xerosis of the conjunctivae are fairly common in the community; their incidence being greater on the lower strata. The use of un-milled, slightly home-pounded rice explains the lack of any gross Vitamin B^1 deficiency. It may partly be explained also by the consumption of fermented palm-juice in nearly all sections of the community.

(iii) The protein intake is slightly inadequate. This is more apparent in the families classed as average and poor. In the lower income brackets the intake of fats is also insufficient.

(iv) With the exception of venereal diseases and malaria which are evenly distributed in all levels of the society, the incidence of other diseases—particularly deficiency diseases—is much higher in the lower income groups.

As a rule menfolk eat first, women follow. Children are served as soon as the meals are cooked. Among men, it is expected that the elders as well as others occupying a higher position in the scale of kinship should be served first and younger members of the family should wait for their turn. But during the busy season, or

PART II

Facts Revealed by the Survey

623 652 125 The Village Panchayats were in the grades according to their annual income. The 1st, 2nd and 3rd grade Panchayats, which were collectively called major Panchayats, had their annual income between Rs. 20,000 and Rs. 30,000; between Rs. 10,000 and Rs. 20,000; and between Rs. 5,000 and Rs. 10,000 respectively. Minor Panchayats had their annual income of Rs. 5,000 or less.

The villages selected for inquiry were the following :—

(1) Anantpur District :—Brahmanayeleru; Bukkapatnam; Bukkarayasamudram; Dharmavaram, Gooty, Gorantala, Guntakal, Kadiri, Konakundal, Lepakshi, Penu Konda.

(2) East Godavari District :—Alamuru; Amalapuram, Avidi, Balantram, Bodasakurru, Kapileswarapuram, Kothapeta, Mandapeta, Palivela, Pulletikurru, Ramchandrapuram, Razole, Tuni, Valluru, Venkatayapalem, Yeditha.

(3) West Godavari District :—Achanta, Akividu, Aravalli, Attili, Bhimavaram, Ganapavaram, Gogoti, Inaparru, Itempudi, Kandavilli, Kovvur, Mukkamala, Narsapur, Nidadavol, Peatapadu, Penukonda, Palakoderu, Pittala Vomavaram, Tadepalligudam, Tanuku, Undi, Vasadi, Velpur.

(4) Kishna District :—Gudur, Jaggayapet, Kantaram, Nuzvid, Pamaru, Pedana, Vuyyuru.

(5) Kurnool District :—Betamcherla, Dhone, Gudur, Joharapuram, Kallur, Maddikera, Nandikotkur, Pattikonda, Veldurti.

(6) Vizagapatam District :—Bayyavaram, Bhogapuram, Bobbili, Chodavaram, Chodavada, Gokavaram, Govada, K. Jagannadhapur, Kasimkot, Kothavalasa, Madugula, Parvatipuram, Pedabogila, Salur, Sitanagaram, Vadada, Yellamanchili.

(7) Bellary District :—Kampli, Muddapur, Rayadrug.

The first six districts now form the part of the newly created State of Andhra and the last, of the Mysore State.